Service

AVAILABLE

All information messages are available in English and French. A limited selection of information messages in Chinese (Cantonese and Mandarin), Greek, Hindi, Italian, Polish, Portuguese, Punjabi, Spanish and Urdu is available.

Service is completely confidential and anonymous.

METRO TORONTO 416-595-6111

ONTARIO TOLL-FREE

1-800-INFO-ARF (1-800-463-6273)

ON THE WEB

On-line transcripts of these messages, and a wealth of other addiction-related materials, are also available, **24 hours a day**, on **SANO** (Substance Abuse Network of Ontaro).

You can reach SANO:

 Via the Internet: World Wide Web: Telnet sano.arf.org

2. Via modem, dial up:

416-595-6069 (8,N,1)

For an information brochure in French or any of the above languages, please call or write:

INFORMATION CENTRE,
ADDICTION RESEARCH FOUNDATION
33 RUSSELL STREET
TORONTO, ONTARIO M5S 2S1

Info-ARF

DRUG AND ALCOHOL
INFORMATION LINE

METRO TORONTO

416-595-6111

ONTARIO TOLL-FREE

1-800-INFO-ARF (1-800-463-6273)

STAFF ON DUTY

9 a.m. to 9 p.m. seven days a week (except holidays)

TOUCHTONE SERVICE

24 hours a day seven days a week

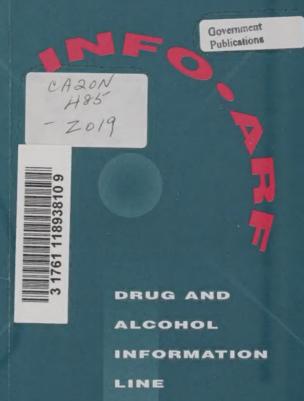
For a fax transcript of any of these messages, call:

(416) 595-6099

Or write to:

INFORMATION CENTRE"
ADDICTION RESEARCH FOUNDATION
33 RUSSELL STREET
TORONTO, ONTARIO M5S 2S1





METRO TORONTO

416-595-6111

ONTARIO TOLL-FREE

1-800-INFO-ARF (1-800-463-6273)



Revised 1996

Drug & Alcohol

Topics

INFORMATION LINE

This service provides:

- 39 audiotapes in English and French on alcohol and other drug topics. The audio messages are 3 to 6 minutes in length.
 Call as often as you wish in the privacy of your own home or office;
- up-to-date information and referrals to prevention and treatment resources throughout Ontario;
- free, confidential and anonymous service throughout Ontario.

If you are calling from a touchtone telephone, please follow the instructions you receive after your call is answered. If you are calling from a rotary telephone, please wait a moment and one of our staff will assist you in making your selection.

HOURS OF OPERATION

Staff-assisted and TDD operator-assisted calls

9 a.m. to 9 p.m. seven days a week except holidays

TOUCHTONE CALLS

24 hours a day seven days a week

FACTS ON ALCOHOL

3011	Alcohol: Its Effects
3012	Alcohol: Prevention
3013	Alcohol: Patterns and Trends
3014	Low-Alcohol Beverages
3015	Alcohol, Children and the Family
3016	Alcohol and Pregnancy

FACTS ON DRUGS

3021	Drugs: An Overview
3022	Drugs and Pregnancy
3023	Cocaine and Crack
3024	Cannabis (Marijuana and Hashish)
3025	LSD and other Hallucinogens
3026	Speed and other Amphetamines
3027	Barbiturates
3028	Medications for Anxiety or Sleep Problems — Benzodiazepines
3029	Caffeine
3030	Tobacco and its Effects
3031	Smoking: Why to Quit and Ways to Do It
3032	Heroin and Prescription Narcotics
3033	Solvents, Glue and Other Inhalants
3034	Steroids
3035	Ecstasy
	Ecstasy OF TORONS

ABOUT YOUTH & PARENTS

Message for Students

3043	Does My Teenager Have a Drug Problem?
3044	Teens Talk to Teens
3045	Alcohol and Drug Use Among Ontari Students
3046	An Early Start: Drug Education

Talking with Your Kids About Drugs

RECENT RESEARCH FINDINGS

3051	Drugs and Older People
3052	Women and Substance Abuse
3053	Drugs and Aboriginal People
3054	Drugs and Disability

Begins at Home

CURRENT ISSUES

3061	Drinking and Driving
3062	Sex, Cannabis and Alcohol
3063	Employee Assistance Programs
3064	Substance Abuse and Domestic Violence
3065	Drug Testing in the Workplace
3066	Problem Gambling

TREATMENT ISSUES

3071	Naltrexone: A New Treatment for Alcohol Dependence
3072	Alcohol and Other Drugs:

Treatment Options